



City of Newton, MA

INVEST IN YOURSELF

January 2013 Health and Wellness Newsletter for Employees

QUIT SMOKING!



Health Maintenance Clinic Schedule

City Hall: Tues, Jan. 8 from 10 to 11 a.m. in Room 10A.

Elliot St.: Wed, Jan. 9 at 2:15 p.m.

Crafts St.: Wed, Feb. 13 at 2:15 p.m.

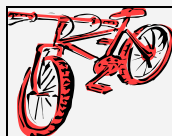
Get your blood pressure taken, ask medication questions or consult with the public health nurse about other health questions.

Zumba

Join us on Wednesdays!
City Hall War Memorial
5:15 to 6:15 p.m.

\$64 per 8-class session or
\$10 drop in per class

Email wellness@newtonma.gov to join. You don't have to know how to dance, just be willing to move and have fun with a great group of people!



Bicycles kept at City Hall are available for employee use. For details, contact Bike Manager Derek Valentine at

dvalentine@newtonma.gov

Give yourself the best gift you can for your health — quit smoking! Evidence shows that people are most likely to quit smoking using a combination of nicotine replacement products such as nicotine gum, patches, nasal sprays etc., along with behavioral counseling.

Here are a few reasons to consider quitting this year:

- Cigarette smoke contains hundreds of toxic and cancer causing chemicals.

- Nearly one of every 5 deaths in the United States is related to smoking.

- Quitting can lower your risk for cardiovascular diseases and cancer, reduce respiratory symptoms, and reduce risk of infertility.

-It is never too late to quit

to benefit your health no matter how long you have been smoking!

RESOURCES TO HELP YOU QUIT:

1-800-QUIT-NOW

(1-800-784-8669) The Massachusetts Smoker's Helpline provides more information on quitting and free behavioral counseling.

www.TrytoStop.org offers free counseling, referrals, educational material and other resources for quitting smoking.

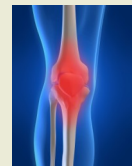
www.quitworks.com is another resource for patients referred by their primary care providers that offers smoking cessation services approved by most health insurers.

Check in with your doctor for advice on quitting. Contact Linda Walsh, RN, in the Health & Human Services Department for help navigating available resources. Call her at x1431 or email lwalsh@newtonma.gov for free & confidential help.



ARTHRITIS LUNCH & LEARN

Join us for another exciting Lunch & Learn presented by Linda Walsh, RN, and Teresa Kett, MPH, on **Thursday, Jan. 31 from 12 noon to 12:45 p.m. in City Hall Room 222**. Learn about osteoarthritis and rheumatoid arthritis, prevention, risk factors and managing arthritis. Soup & salad lunch is included if you RSVP by Tuesday, Jan. 29 to wellness@newtonma.gov



Are you a parent of a teen, or do you work with teens? Take Action

Teens and adults are invited and encouraged to join action groups based on the October 2012 Newton Youth Summit.

Join one group or both to express your opinion and to push forward on coming up with solutions to be discussed at Youth Summit II on March 20, 2013.

Academic Stress & Time Management Action Group

Tues, Jan 15, 5:30 p.m.
John M. Barry Boys & Girls Club,
675 Watertown St., Newton

Youth & Adult Conversation/Collaboration Action Group

Thurs, Jan 17, 5:30 p.m.
West Suburban YMCA
276 Church St., Newton

For more information, email Jenny O'Leary, Youth Services Director at joleary@newtonma.gov



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THE PUBLIC HEALTH EFFECTS OF BINGE DRINKING

Binge drinking is defined as consuming 4 or more for women and for men, 5 or more alcoholic beverages in a period of time. It is most common among young adults aged 18-34, and for adults 65 and older, they report more frequent binge drinking.

Binge drinking is a dangerous and costly public health problem:

- Most drivers charged with a DUI are binge drinkers
- It causes more than 80,000 deaths in the US each year
- It can lead to liver disease, certain cancers, heart disease, stroke, and other chronic problems
- It can lead to car crashes, domestic violence, and STD's.
- \$223.5 billion was spent by the US from health care

costs, crime, loss in productivity, etc. as a result of binge drinking.



What you can do to reduce binge drinking in your community:

- Choose not to binge drink and encourage positive drinking behaviors in others, especially youth
- Support local control over the marketing and sale of alcoholic beverages
- Support the minimum legal drinking age of 21
- If you choose to drink, do so in moderation

www.cdc.gov

TIPS FOR SAFE TRAVELING ABROAD

Learn about your destination.

Learn about the health risks in the country you are visiting, whether it is safe to drink the water or eat uncooked, unpeeled fruits and vegetables, and if you will need any vaccines prior to travel. Visit www.cdc.gov and the www.state.gov for specific country advisories and recommended vaccines or consult your doctor or a travel clinic.

Pack smart. Pack a travel health kit with your medications, and preventive ones like: anti-diarrheals,

anti-motion sickness, antacids, anti-inflammatories etc. Ask your doctor or a travel clinic if you should also pack antibiotics in case diarrhea develops.

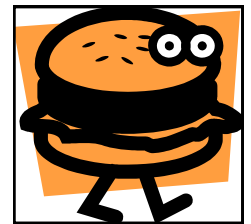
Know your health status. Have you recently had surgery? Are you pregnant past 36 weeks? It might be best to postpone your trip if your health is in question. Check with your doctor if in doubt.

Share important information with someone you trust at home. Leave detailed travel plans and check in during your trip.

Beanie Burger

Ingredients

- 1 16 oz. can of black beans, drained
- 1 large egg
- 1/2 cup cooked rice
- 2 scallions, minced
- 2 tbsp. basil, chopped
- 1 clove garlic, minced
- 1/4 tsp. ground cumin
- 1/4 tsp. dried oregano
- 1 tsp. olive oil
- 1/2 tsp. salt
- 1/3 tsp. pepper



Instructions

- Mash beans in a bowl with a fork until chunky
- Beat egg in a separate bowl, add beans, rice, scallions, basil, garlic, cumin, oregano and olive oil until mixed
- Divide mixture into 4 portions and form into patties, sprinkle with the salt and pepper
- Heat 2 tbsp. of olive oil in a frying pan and cook until browned on both sides ~ 4-5 minutes each side

• Add tomato, avocado, lettuce or whatever other healthy fixins you have to the top and enjoy!



Recipe from
chopchop magazine
www.chopchop.org